

44 Provincial Champions | 13 National Champions | 150+ Scholarships Awarded

National Youth Licensed Club | League 1 Ontario Licensed Club

BURLINGTON SOCCER CLUB

2023/24 U17 OPDL Program

Taking a holistic, four-cornered approach, to player and person development.

November, 2023 – October, 2024

Program Includes

- ☐ BSC Membership, Registration Fee, OPDL League and Match Official Fees
- ☐ Access to premium turf and year-round training facilities
- ☐ Up to four (4) Showcase Tournament Opportunities (US & Canada)*
- ☐ Physiotherapists at all Games and Training sessions provided by [DHP](#)
- ☐ Year-round Strength & Conditioning Sessions delivered by [LTS](#)
- ☐ Adidas High-Performance Package (Kits- home, away, training, grip socks, tracksuit, backpack)
- ☐ Opportunities to experience training and exposure with Professional club partners

Playing Information

- ☐ Four (4) trainings per week (Apr. – Dec.)
 - Three (3) turf sessions
 - One (1) strength & conditioning session
- ☐ Three (3) trainings per week (Jan. – Mar.)
 - Two (2) turf sessions
 - One (1) strength & conditioning session
- ☐ Video Analysis utilizing latest software & metrics including breakdown to players
- ☐ Individual Goal Setting sessions
- ☐ Specialized Goalkeeper training – 2x per week
- ☐ Two (2) Sports Science Sessions per year (one per season)

Technical Team Information

- ☐ One Head Coach – minimum National B License
- ☐ One Assistant Coach – minimum National C License
- ☐ One Goalkeeper Coach – Ontario Soccer Certified
- ☐ Strength & Conditioning Coaches – NSCA Certified
- ☐ Physiotherapists – PT Certified
- ☐ Access to a team of licensed Health Care Professionals (Doctors, Specialists, etc.)
- ☐ Access to eleven (11) A Licensed coaches within High Performance Program
- ☐ Five (5) USports Coaches

Payment Information -

- ☐ Five (5) installments available
 - November 1, January – April, 15th of each month
- ☐ Refund Policy [Here](#)

**team managed*

HOME OF THE BAYHAWKS

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www.burlingtonsoccer.com